
What is bullying?

Bullying is when one child, or a group of children, keep hurting another child through words or actions. Bullying may involve fighting, shoving, kicking, name calling; playing dirty tricks, leaving out a child or spreading rumors.

How to recognize bullying:

It is a conflict between two or more children who are not friends and do not usually hang out together. The bully has more power and does not care about the victim's feelings. The victim is upset while the bully is calm and cool. The bully blames the victim.

Why must bullying be stopped?

Bullying is dangerous and may result in people being physically or emotionally hurt.

The Department of Justice has developed a school safety program that aims at reducing bullying and other violent behavior.

How you can help stop bullying:

- Students can help others by speaking out and getting adult help. The goal of telling an adult should not be to get someone in trouble, but to help if someone is in danger physically or emotionally.
- Students should use extra effort to include everyone.
- Strength is found in numbers. If a bully wants to be popular and most of the class says, "I don't like that" he/she will not achieve his/her goal.

CARE strategies* for helping others:

- C Creative problem Solving** - Brainstorm a win-win situation
- A Adult Help** - It is not tattling when someone needs help.
- R Relate and Join** - There is strength in numbers.
- E Empathy** - Let the bully know you understand how the victim feels

* (from Bullyproofing Your School, Sopris West Publishing)

What to do if you are bullied (pick the strategy to fit the situation):

- H Help** - Seek help from peers and /or an adult.
- A Assert Yourself** - Look the bully in the eye and tell them to stop.
- H Humor** - Respond with a remark to make the bully laugh.
- A Avoid** - Walk away, stay with others not alone.
- F Fogging** - Use statements like "that's interesting."
- A Attitude** - Respond in a way that lets them know you are comfortable with yourself regardless of what they say.
- S Self-talk** - Put on a recording in your own mind that says nice things to yourself so the bully doesn't get to you.
- O Own It** - Own the put-down to throw the bully off.

What NOT to do if you are a victim:

DO NOT react emotionally. Don't show strong emotions in front of the bully which will excite the bully more.

Ten steps for conflict resolution and fair fighting:

1. **Cool Down** - Count to ten, take ten deep breaths, count backwards from 30.
2. **State YOUR View of the Problem** - Use "I" statements not "You" statements, e.g. "I think we have a problem because", "I feel...", "I want..."
3. **Attack the problem, NOT the person.**
4. **Treat** the other person as an equal.
5. **Don't bring up old issues** - Stay in the present moment.
6. **Ask for the other person's viewpoint** and use "Mirror Listening" (make a restatement of what they have said to be sure you understand: "what I hear you saying is that..." "I think I heard you say...", "So, you think...")
7. **Be ready to change** your own thinking or behavior.
8. **Brainstorm** win-win situations, look for options, not just one solution.
9. **Pick a solution** and talk about how to put it in action.
10. **Reach an agreement.**

DO NOT: Name call, blame, hit, threaten, use sarcasm, remain silent, generalize ("you always"), or change the topic.

What are bullies like?

They have thinking errors:

- They are aggressive and they like power for power's sake.
- They do not stop to think how their actions harm others.
- They refuse to back down even on little points.
- They expect to be #1 overnight.
- They use anger to control other people.

What to do if you hear someone might commit a crime in school, or on the bus, or when you witness a violent incident at school in which someone was in danger:

Report it to your parents, a teacher, a school counselor or another trusted adult. How many adults should you tell? As many as it takes to get help! You can also call **the School Crime Hotline at 1-800-220-5414**. In an emergency, call **911**.



No Bullying Allowed!
How to stay safe at school



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